

ROWING WEIGHT TRAINING MACHINE

ABSTRACT OF THE DISCLOSURE

A rowing weight training machine includes: a frame; a seat assembly attached
 5 to the frame; a movement arm pivotally attached to the frame and movable along a
 generally longitudinal stroke path between a forward position and a rearward position; a
 resistance-imparting unit operatively connected with the movement arm to provide
 resistance to the movement arm as it moves from the forward position to the rearward
 position; a pair of handles to be grasped by an exerciser; and a pair of extension
 10 members, each of which is attached to a respective handle such that each handle is free
 to rotate about a longitudinal axis of the extension member. The extension members are
 attached to the movement arm (preferably via a universal ball joint) such that each
 extension member is free to at least partially rotate relative to the movement arm about
 vertical, longitudinal and transverse axes. Also, the extension members are of sufficient
 15 length and the extension members are attached to the movement arm so that the handles
 can be separated by a distance of at least 24 inches when the movement arm is in the
 rearward position. In this configuration, the exerciser has the option of performing the
 basic rowing motion with the hands in any orientation, and can pull the handles along
 multiple vertical planes to multiple positions in front of the chest and shoulders or
 20 outside the chest and shoulders.